

Weekly Prayer Plan - Kindness

How to Use this Template:

Download and save this document to begin using at the beginning (Monday) of every week. Every week will have different bible verses to meditate on based on the Faith Fight Podcast episode topic for that week. Determine the time and place that you will devote to prayer. The below structure is set for one hour and is only used as a guide. You can adjust your timing if necessary.

Time: _____

Place: _____

5 min – Drawing Near To God

5 min – Confession

10 min – God-Centered Petitions

10 min – Intercessory Prayer

10 min – Personal Petitions

15 min – Meditation

5 min – Praise, Thanksgiving & Closing

1. **DRAWING NEAR TO GOD** - Matt. 6:9 “This, then, is how you should pray: “Our Father in heaven, hallowed be your name”

God the Father is the focus of all our prayers. We should never forget what a privilege it is to bend our knees on earth and reach almighty God in heaven.

2. **CONFESSION** - Matt. 6:12 “Forgive us our sins as we forgive those who sin against us”

When we repent and forgive others, we maintain fellowship with God. But if we hold grudges, that fellowship is broken. God loves to answer our prayers when the lines of communication are not disrupted.

3. **GOD CENTERED PETITIONS** Matt 6:10 “Your kingdom come. Your will be done, On earth as it is in heaven.”

Prayer should reflect a desire to align ourselves with God’s goals and purposes, not to get Him to follow our plans.

4. **PERSONAL PETITIONS** Matt 6:11 “Give us today our daily bread.”

We are dependent upon the Lord for our needs and He wants us to come to Him with our requests.

5. **MEDITATION Joshua 1:8** “Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.”

Meditation is thinking about the word of God to understand what it means in the context of the scripture and how it can apply to your life today. The Word of God is powerful enough to still be relevant in your life today even though it was written thousands of years ago.

Read through the scripture passages for today as listed below:

Meditational Verses

Monday: Galatians 5:13-26

Tuesday: Ephesians 4:17-32

Wednesday: Proverbs 11:17

Thursday: Galatians 6:9-10

Friday: Proverbs 19:17

Saturday: Philippians 2:1-11

Sunday: John 15:13

Once you have read the scripture for today, write down your answer to the questions below or any other insight/revelation that you receive in your prayer journal.

1. Is there a promise to claim?
2. Is there a lesson to learn?
3. Is there a blessing to enjoy?
4. Is there a command to obey?
5. Is there a sin to avoid?
6. Is there a new thought to carry with me?

6. **PRAISE & THANKSGIVING 1 John 5:14-15** “This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him.”

We can end our prayer time with confidence that God has heard our prayer and will answer in His perfect timing. Demonstrate your faith in Him by showing thanks before you see the answer to your prayers.

Bible Verses & Notes - Kindness

Kindness is an important character trait that is really hard to find in people. Recently I did something for someone else that showed kindness and my 5 year old son saw it and said “I’m giving you a sticker for showing kindness” and he walked over to me and put a sticker on my shirt. What my son did kind of inspired me to do this episode. When we are kind to others we show the love of Christ. Giving to other who can’t do something for themselves is what it’s all about. Let’s talk about it today.

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. - Ephesians 4:29

A kind person speaks well of others. If we are trying to develop that character in us we should remember not to speak anything that is negative or puts down others. Only speak what lifts others up and encourages.

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things! - Galatians 5:22-23

One of the fruits of the spirit is kindness. This tells me that if we want to develop in this character then we can pray and ask God to help us develop in that area and his Holy Spirit will help us. So if you are struggling with being kind pray and ask God to help you in this area.

Be kind to one another, tenderhearted, for giving one another, as God in Christ forgave you. - Ephesians 4:32

One way that you show kindness is by forgiving others when they have wronged you. One of the most important things in life is the relationships we have with others. We shouldn’t hold things against others because the relationship with that person will suffer. And the principle here is that we should remember that Christ forgave us for our sins. So we should freely and be ready to forgive others quickly.

A man who is kind benefits himself, but a cruel man hurts himself. - Proverbs 11:17

What you will find is that a kind person will always have people being kind back to them. It’s the law of reciprocity. A person reaping what they sow. So if you are kind to others you can expect other people to be kind to you.

*Whoever is generous to the poor lends to the Lord, and he will repay him for his deed. - **Proverbs 19:17***

I believe that giving to someone who has no way to give anything back to you is the ultimate form of kindness. We should strive to show kindness in this way since these people often need it the most. This verse gives a promise that God will repay you for showing kindness in this scenario.

*So then, as we have opportunity, let us do good to everyone, and especially to those who are of the household of faith. - **Galatians 6:10***

We should look for opportunities to show kindness to other people every day. Can you imagine if everyone around you lived like this. We should especially try to show kindness to the ones closest to us. Our family, church members and neighbors.

*Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves. Don't look out only for your own interests, but take an interest in others, too. You must have the same attitude that Christ Jesus had. - **Philippians 2:3-5***

If everyone lived with this mindset then everything around us would be better. This world is filled with selfish people who are just trying to impress others. Greed and getting more for themselves is their only focus. However this verse gives us some direction to be humble, thinking of other better than ourselves and to take an interest in other people and what they are doing more so than yourself. If we all did this we would get along better with everyone.